

DailyWord

A UNITY Publication



JUNE 1943

15 CENTS

Class Thoughts

May 20 to June 19

•
Daily at 11 a. m. join us in this thought
for spiritual illumination:

The light of Spirit shines in my mind.

•
At high noon each day concentrate your attention
on this thought for prosperity:

My mind is so full of thoughts of prosperity that
there is no room for thoughts of lack.

•
At 9 p. m. each night let us acknowledge the healing power
of Spirit with this prayer:

I am energized by the electrified life of Spirit and
restored to health and wholeness.

•
In the name of the Lord Jesus Christ we pray for and decree
a speedy victory in this world conflict, to be followed by
permanent peace, uniting all the nations of the earth in
league of justice and righteousness, in which the life
liberty, and love of God shall be paramount.

•
Silent Unity, the healing department of Unity School, is happy to
minister to every person desiring help through prayer. Address Silent
Unity, 917 Tracy, Kansas City, Mo. Compensation is by love offering.

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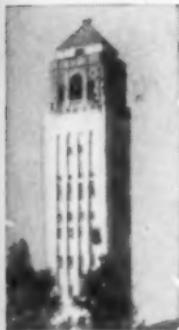
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DAILY WORD

Vol. 38

JUNE, 1943

No. 6

EDITED UNDER THE SUPERVISION OF SILENT UNITY

Stately and tall, the Unity Campanile or Prayer Tower directs the traveler to Unity Farm near Kansas City. Even so this little magazine daily directs your steps to the sun-tipped heights in whose glory you behold yourself as a son of God; for such you are.

OMNIPRESENCE

Gouverneur Replogle

I see God's hand

Painting the beauty of a sunset;
Mixing the magic scent of every dew-crowned rose;
Filling the night with multitudes of twinkling stars above.

I hear His voice

In the rippling of a brook;
In the world awakening at dawn's first golden glow;
In the singing of the birds and the soft coo of the dove.

I feel His presence

In the calm of mountain lake;
In the quiet of the hills, unchanging, strong;
In the depths of my own being, imbuing me with peace and love.

The Tides Obey

ZELIA M. WALTERS

AFEW years ago, when we lived on the seashore in Florida, we received warning that a fierce tropical storm was coming our way. We made the necessary physical and spiritual preparations and then waited for the storm to break. The skies grew black, the wind rose, and soon the breakers came rolling in and were beating against the sea wall at the end of our front lawn. On ordinary days the tide came creeping up across the white sands in inch-deep wavelets, to stop and turn while still thirty feet from the wall. But now the wind-driven breakers crashed against the wall.

We watched from a front window. Just beyond us a four-hundred-foot pier, strongly built to resist storms, was struck by a towering wave and went down like a child's pile of blocks. The great beams that had supported it were tossed about in the churning waters like matchsticks.

The waves were now leaping over the top of our thirty-foot wall. Then the wall was gone, and the breakers were biting great sections out of the lawn. Would our house be carried away by the storm? We looked at the clock. Twenty minutes

until time for the tide to turn. The next wave came still farther up over the land—and the next and the next. Now the land was washed away up to within twelve feet of the house.

"We'd better leave," said one of the family.

But this was the very minute for the tide to turn.

"No," said another of our group, a sea-wise person, "there won't be any wave that will come closer than that."

And the next wave broke a little farther from the house, and each one after that receded just a little. The wind still blew, and the storm seemed unabated, but the tide obeyed the law that had been laid upon it when the world was made. It was going back. Before the next turn of the tide the storm's fury would have passed and the house would be safe.

How could we be so sure that the waves would recede at just that time? Because the tides obey. No matter what the turmoil and the storm, the tide will always begin to go out at the moment prescribed for it by divine law. We could rely for our physical safety upon the law.

There are other laws in operation in our world, all just as certain in their working as the law of the tides. But we children of the Father, heirs to all the promises given through Jesus Christ, often

seem so uncertain of them. We hope they will work, we beseech God to make them work, but we have no feeling of certitude about it.

We know that the law of the tides goes back to the foundation of this world. The law of God's good will toward man is just as old, just as sure. Under God's law good is always at hand for man to accept and to enjoy. Under His law good is always more powerful than any opposing force. Under His law man is always progressing forward and upward, from blessing to blessing, into new joys and higher levels of thinking and living.

Even though for short periods of time evil may seem to be in authority in the world, even though wars or sickness or danger or discord of some kind may harass the peoples of the earth, the law of God has decreed victory and freedom, the overcoming of evil, the triumph of the good. The law of God is irrevocable, indomitable, eternal. In the realm of spiritual substance His law has provided good in manifold form for all mankind, and this substance is obedient to the laws laid down for it. We can base our claim to fearlessness and confidence, our assurance of protection and deliverance, upon the certain working of this law.

Thus when for a time darkness enters our mind or heart or world, we can "believe on the light," which we know will unfalteringly "shine out of

darkness, who shined in our hearts." If ill-health appears temporarily in the body, the "law of the Spirit of life in Christ Jesus" will obey the divine edict and work tirelessly in us to make us free, strong, and whole. If dangers surround us, even there will His hand lead us, for the inevitable good of the Father is flowing toward us, bearing deliverance, succor, protection, and blessing in its laws. No matter how much the storms of life may seem to threaten us, God's laws, the laws of life, happiness, peace, success, harmony, and supply, are operating in our life, providing the way out of difficulties, and establishing for us a better way of life.

Once again in the world's history we stand in the midst of storm. Were we without faith and the knowledge of God's dependable laws, it is likely that we should see the houses of life we have built go down in utter ruin. But if we stand firm with Christ and trust the law at this time, we shall witness "what *is* that good, and acceptable, and perfect, will of God." For the law works. Underneath the fury of the storm is the strong hand that moves the tides, and high above all storm is the undeviating law of God's love and His good will toward man.

We have prayed in this storm of the world's agony. "Thy kingdom come. Thy will be done,

as in heaven, so on earth"—thus we have cried out, knowing that His kingdom, His will, means the end of all strife and hate, all poverty and sickness of body and soul. We have prayed, "Give us this day our daily bread," not thinking of our own tables alone but of all God's hungry children the world around. "Deliver us from evil." O Father, deliver us all, as children who may claim Thy gifts, from all the evils that assail us like a rushing storm.

The law holds, the promises are sure. There is no unanswered prayer. As we pray for our brothers and ourselves, we know that the minute has come. The tide is turning. The storm is going past. And we give thanks.

Dawn Patrol

War workers will be interested to know that Unity is now presenting three radio programs which broadcast after the regular programs are finished. Here is the "dawn patrol" schedule:

WASHINGTON, D. C.

WOL (1260 kilocycles) - - - 2:00 a. m.

DETROIT, MICHIGAN

CKLW (800 kilocycles) - - - 1:30 a. m.

WICHITA, KANSAS

KFH (1330 kilocycles) - - - 11:15 p. m.

Unity's Wartime Service

In addition to its usual ministry Unity School is filling a vital need at this time through its wartime services to men and women in the armed forces. Because we believe that you are interested in these activities, we are mentioning just a few of them. For one thing, a free subscription for *DAILY WORD* is entered for anyone in the service whose name and address is given us, except those stationed outside the United States. Postal regulations require that such persons must personally request the subscription. Our Silent-70 department is furnishing Truth literature to the soldier students in this city by supplying large quantities to hotels, USO centers, reading rooms, and the like. Also through contacts made with chaplains Silent-70 is placing thousands of copies of Unity magazines, books, prayers, and leaflets in camp libraries, dayrooms, and recreation halls, in military hospitals, and in relocation centers. Enthusiastic letters come to us every day from service men and their families, from chaplains, and from wounded men confined in hospitals telling us of the help and comfort received from the literature so freely and gladly supplied. We are deeply grateful for these letters, for our opportunities to serve, and for the co-operation of all our friends.

I AM AT PEACE WITH ALL PERSONS AND ALL THINGS BECAUSE MY HEART IS FILLED WITH TRUE PEACE.

ONE OF the greatest hindrances to maintaining a calm and peaceful spirit is the belief that persons or things have the power to destroy our peace. As long as we are bound to this belief we can never have true peace. We must realize that our peace is not dependent upon persons or things but that it emanates from within and passes outward to harmonize and bless our environment.

To establish peace within we must think less and less of the power of persons and situations to disturb us and more and more of the peaceful presence of Christ within us. We must turn often to the Christ spirit of peace and meditate upon it. We must realize that we can be of the greatest service in establishing peace in the world only as we abide in our spiritual center of peace and send forth our blessing with Christ power and love and peace behind it. When we are at peace with all persons, things, and circumstances in our world, our heart is filled with the peace of Christ.

• *Peace be multiplied unto you.—DAN. 4:1.*

MY MIND IS CENTERED IN THE TRUTH, AND I
THINK ONLY CHRISTLIKE THOUGHTS.

IT IS EASY to control our mind when we recognize the fact that it can think only one thought at a time. Our thoughts cannot run riot unless we choose to permit them to do so. If we see to it that our mind is filled with constructive thoughts, it cannot think its old thoughts over and over.

If we fill our mind with thoughts of life and health, the old thoughts of weakness and physical insufficiency will have to go. If we concentrate on thoughts of love, peace, and good will, we cannot hold thoughts of hatred, animosity, and inharmony. If we want to be happy, prosperous, and successful, we must supply the mind with thoughts of happiness, abundance, and success.

The secret of thought control lies in keeping the mind centered on thoughts of Truth. Persistence in thinking from the standpoint of Truth will strengthen the mind and establish right thought patterns for it to follow. Disciplined thinking unifies us with God's peace and power.

• *Bringing every thought into captivity to the obedience of Christ.—II COR. 10:5.*

I BEHOLD THE CHRIST IN EVERYONE I MEET,
AND ALL MY PERSONAL RELATIONSHIPS ARE
HARMONIOUS.

IF WE DO not get along with others it is because we do not understand them. It is because we think of them as separated from us in feeling, sympathy, motives, and intentions. It is because we look for differences rather than points of agreement.

The problem of getting along with others is solved by realizing the truth that in Christ every man is our brother and that the Christ in every man is entitled to our love, kindness, and consideration. If we strive to see the Christ in every person and look upon his shortcomings as an expression of the human side of him, it will help us to be generous in our thought about him. It will help us to understand the problems he has to meet and the motives behind his attitude and actions.

There is always something in every person that we can admire and praise him for. When we behold the Christ in another we can always see and call forth the good in him.

◆ *Thou art . . . the Son of the living God.*—MATT. 16:16.

I AM COURAGEOUS IN EVERY SITUATION BECAUSE CHRIST IN ME IS MY COURAGE.

ANYONE who is aware of the presence of Christ within himself cannot be fearful or afraid, because the Christ Spirit knows no fear. If you lack courage it is because you have not realized that Christ is ever with you, your courage and unfailing help. If you believe in something that seems to be more powerful than Christ, you need to reverse your thinking. You need to realize that "greater is he that is in you than he that is in the world."

The courage of Christ in you is mightier than anything in the external world. His courage will help you to overcome timidity and complexes of every kind. It will give you the strength to go forward and accomplish what God has planned for you, fulfilling your divine mission as His son.

Christ within you is your inherent courage. Exchange your fear thoughts now for the courage of Christ, and pursue the highroad of joy, safety, and success in the consciousness of your eternal oneness with Him.

• *Be strong and of good courage . . . he will not fail thee, nor forsake thee.*—DEUT. 31:6.

I JOYOUSLY CLAIM THE GOOD THAT GOD HAS IN STORE FOR ME TODAY.

A NEW WORLD begins for you today if you do not carry into today the problems and worries and troubles of yesterday. You cannot experience the joys and blessings of a new day if you have not put out of your mind the woes of yesterday. Today will be only a repetition of yesterday unless you realize your opportunity to make it a new day.

The ability to forget our yesterdays is a divine provision for our happiness. Were we to remember all the mistakes we have made, all the sorrow we have had, and all the other undesirable things in our life, we should have no time for joy, no time for remembering God, no time for receiving and enjoying the blessings of His good world, no time for sharing our good with others.

Today let us forget everything that is not founded upon God and Truth. Let us remember only the love, mercy, goodness, peace, and joy of God. Let us approach today with a free, happy mind, receptive to the good that God has in store for us. Let us enjoy today to the fullest!

• *Forgetting the things which are behind.—PHIL. 3:13.*

THROUGH PRAYER I AM ALWAYS ONE WITH GOD AND HIS GOOD.

IN THE rush of our busy modern world it often seems difficult to find time to pray. But the more rushed we feel and the less time we seem to have for prayer the more we need to get quiet and turn to God. Prayer helps us collect our scattered thoughts and energy and gives us spiritual poise so that we are better equipped to meet the demands of modern living.

The ideal way of prayer is to keep our thoughts resting in God all day long as we go about our duties. Even when we are thinking and doing things that seem to be wholly unrelated to God, we can be aware of His presence as our help and guide. As we learn to rely more and more upon God and turn to Him often in prayer, we find that we have more and more power to draw upon, more and more power to achieve.

Wherever we are, whatever our duties are, we can learn to keep our heart centered in God and receive constantly of His life, love, wisdom, strength, and power. Through prayer we are always one with God and His good.

• *Pray without ceasing.—I THESS. 5:17.*

THE SPIRIT OF WISDOM IN ME NOW REVEALS
TO ME THE WAY THAT I SHOULD TAKE.

WHEN I trust the Spirit of wisdom and guidance within me, I find that I am always directed aright. The way I am to go is revealed to me clearly and distinctly. I know that I am not to go the way of adversity, deprivation, and hardship but the way of Truth, the way of love, joy, peace, life, and plenty.

I am now directed by Spirit, and I go the way that is blessed by Spirit. My attention is turned to God and to the blessings upon the way that He has revealed to me. I know that He leads me to my highest good, in which I find true happiness and success.

Confident that I am directed in every step I take by the love and wisdom of God, I can go only where I am most needed and can best serve, I can do only that which blesses myself and others, and I can receive fully of the good that God has prepared for me. The way of Spirit discloses God's loving plan for my life, and I walk joyfully in the way that He directs so that His ideals for me may be fulfilled.

• *I will make straight all his ways.—ISA. 45:13.*

I AM QUICKENED IN SPIRITUAL CONSCIOUSNESS, AND I AM HEALED IN MIND, BODY, AND SOUL.

SPIRITUAL healing is that which comes to our physical body when the mind and soul have been healed. It comes through first putting out of mind all unholy thoughts and thinking on the life, health, love, goodness, mercy, righteousness, and power of Spirit. We cannot think simultaneously of perfection and imperfection. Either one thought or the other must have first place in our mind.

As we think only from the standpoint of Truth, we are quickened in spiritual consciousness and our healing comes swiftly. As we are regenerated in mind and soul, disease and pain lose their power over us and disappear from our body.

We know when we have experienced a spiritual healing, for we feel a distinct change in mind and soul, and then our body is healed. We know that we have been lifted to the Christ and that He has done His quickening, redeeming, regenerating work in our threefold being.

• *Then shall thy light break forth as the morning, and thy healing shall spring forth speedily.—ISA. 58:8.*

I REJOICE TO KNOW THAT WHEREVER I AM
GOD IS.

NO MATTER who you are, where you are, or what dangers surround you, you carry with you the greatest possible power for protection when you carry with you an awareness of the loving presence of God. In His presence is all power, all might. Establish yourself firmly in the thought of God's presence with you momently wherever you are. Free yourself from every thought of fear, evil, and harm. When your mind and heart are thus free, God works through you as your power and protection, and no danger can touch you.

You are always surrounded by impenetrable walls of Spirit. Wherever you are, God is there too. Whoever you are, God loves you, because you are His child. Whatever you are doing, God is with you as your guide and help. Infolded in His mighty love, you are kept safe and secure. Even though your service takes you to the ends of the earth, through all sorts of trials and experiences, you cannot go where God is not. His watchful, loving care is always over you.

¶ *Fear not . . . I am thy shield.*—GEN. 15:1.

I Begin Life Anew

TO BEGIN life anew I am willing to give up every heavy and depressing thought of the past. I am ready to yield every thought that would bind me to the adverse and limited beliefs of yesterday, to cast from mind every thought that would hold me in bondage to the limitations of the past.

I cease to entertain thoughts of inharmony, fear, hate, disease, or lack. I give up thoughts that would bind me to the personality of others or cause me to be affected by their limited beliefs. I begin life anew!

I give up the thought that persons, things, or circumstances can hold me to crystallized beliefs or conditions. I rise out of the belief that I can be bound or limited by my environment. I recognize no claim of outer conditions as able to cause me to stand still or to go back. I advance in the might of my spiritual heritage. I begin life anew!

I greet this day as giving me an opportunity to lay hold of new blessings. Today I enter into a new world, one filled with new ideas, new ideals, new opportunities, new visions. I see the world as freed from the limitations that I have placed upon it in the past. I no longer think of it as my master or of myself as bound by worldly things. I rise in

the glory of my spiritual power, and proclaim my world as subject only to the will and word of the Christ within me. I begin life anew!

First, I see myself as I am seen in Spirit. I behold myself as freed from all bondage to race beliefs. I no longer look upon myself as created in the image and likeness of sin, imperfection, and failure. I know the truth that I am created in the image and likeness of God, my Father. I behold the Christ in me now coming forth as the outer manifestation of God's idea of my perfection. With this new concept, I begin life anew!

I see my friends and loved ones as freed from the limited beliefs that I have had about them. I give up every adverse and personal belief about these dear ones in order to see the Truth of God and His perfect will made manifest. I cease to think of my associates according to the adverse and limited beliefs that I have entertained about them previously. I begin life anew!

I greet life today with the conviction and assurance that God is in His world as the all-pervading, all-reigning presence of good. I have faith in the good as mighty to remove every evidence of so-called evil. I believe in God's omnipotence and His omnipresence. I align myself with the forces of good, the power of God. Disregarding the claim of evil, I acknowledge God as the one

presence and one power in my life. Going forth armed with the conviction of my oneness with God, the good, I begin life anew!

I know that the power of God within me is mighty to defeat and overthrow every claim of any external power. I do not consider any problem of the world too difficult for God to solve. I can admit no claim of the external world as having more power than God within me, the principle of good. With the knowledge of the truth of my innate supremacy over things of the external world, I go forth this day beginning life anew.

I cease to think of myself as living in inharmony or discord. I live in a peaceful environment. I am surrounded by the blessings of God. On every hand I find a blessing, a blessing commensurate with the need to be supplied. I know that God gives to me in the way and according to the form that will most acceptably fulfill my needs. Assured of peaceful surroundings and established in the blessings and prosperity of God, I begin life anew.

I begin life anew today because I am established in the consciousness of new life, new health, and new strength. Gone are the old beliefs that would bind me to physical weakness and disease. Forever dispelled from my mind are those race beliefs that would hold me subject to woes of the flesh. I rise to the consciousness of my innate spiritual perfec-

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tion, which is now being expressed in my physical organism as perfect health. Firmly convinced that the truth of my health is now appearing, now being manifested, I begin life anew.

I know today that I am emerging into a new world, the world where only Truth, peace, love, life, and substance hold sway. I live in the world of Spirit, untouched by negative beliefs, unaffected by ignorance, superstition, and fear. I live in the heavenly kingdom of God now appearing as His idea of man's perfect world and environment. I live in the kingdom of peace, love, justice, and beauty. I live in a new world. I begin life anew!

I go forth this day holding those high ideals which cause my vision to be centered upon the spiritual heights from which come true inspiration, illumination, and revelation. I lift my vision to those heights from which I am illumined by the light of Spirit. Light is shed upon my path. All that I need to know this day is revealed to me. I am illumined and inspired by the light of Spirit now burning within my breast. Knowing that God, His light, and His inspiration attend me wherever I go, I begin life anew!

The sun of Truth—the son of God within me—shines gloriously upon all whom I meet, and I go forth radiating light, Truth, peace, harmony, and joy to all whom I contact.—*Frank B. Whitney.*

KNOWING THAT GOD'S WILL FOR EVERYONE IS FREEDOM, I DO NOT INTERFERE IN THE LIVES OF OTHERS.

MANY persons would find their life much easier and happier if they did not concern themselves so much about other people. The inquisitive or curious person needs to realize that he is not his brother's keeper and that his attitude is definitely harmful to himself and to the person he is concerned about.

Interference is harmful to us because the more we seek to interfere in the life of another person the further we get away from the spiritual center of our own existence. Interference is harmful to the other person because every soul should be left free to work out his own salvation. Interference deprives another of the spiritual strength he would gain by making his own decisions and by meeting his own problems.

Let us remember the words of Jesus Christ to the inquisitive Peter: "What is that to thee? follow thou me." Let us allow every person the same measure of freedom that we ourselves want. Then we can fulfill the law of spiritual progress.

• *Therefore the sons are free.—MATT. 17:26.*

FATHER, I THANK THEE FOR THE UNDERSTANDING TO LAY HOLD OF MY BLESSINGS.

THE Father who loves us has prepared for us all the good we can ever need or desire. We cannot ask Him for more life, love, wisdom, substance, intelligence, power, or joy, for He has already given us all these blessings.

However we can and should ask Him for the understanding to lay hold in mind of all good. We can and should ask for an increase in our capacity to receive and for the love and wisdom to share our good for the blessing of others.

Our good always comes to us at the same rate that our need or our ability to utilize it is developed. We should pray first for an understanding of God as the great giver of all good and for the faith to lay hold of the blessings that are always awaiting our command. When understanding and faith begin their work in our consciousness, our good begins to flow to us from every direction. Then we should praise and thank God for it, and share it freely, graciously, and helpfully.

• *The breath of the Almighty giveth them understanding.—JOB. 32:8.*

TRUSTING GOD IN ALL SITUATIONS, I AM RESOURCEFUL AND SELF-RELIANT.

I PLACE my trust wholly in God and depend upon Him to help me in every situation. No matter what my need may be, I know that the Spirit of God in me is capable of meeting it fully, wisely, and lovingly.

I rejoice in the realization that God is my light, my strength, my perfect help. Trusting Him, I have at my call the greatest power available to me, a power that is instant, constant, and unfailing. I am confident, capable, and successful, because I know that God working through me is equal to every demand. No exigency of life can be greater than the power of God in me to cope with it.

I have clear understanding, right guidance, and divine courage. Through the all-sufficiency of my indwelling Spirit, I grow daily in resourcefulness and self-reliance, and I find it increasingly easy to master every problem or adverse circumstance that confronts me.

¶ *I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD.*
—PSALMS 121:1, 2 (A. V.).



PHOTO BY MEISEL FROM MUNKMEYER

Here by the Waterside

ELIZABETH BARR HAAS

HERE in the silent places,
Here with the stars clean and cool,
God's love is real and abiding;

His love is a depthless pool.

I hear the whisper of rushes
Through the ferns that its water laves.

I am upborne on its current;
I am washed clean in its waves.

Here I immerse all my heartaches,
Here they dissolve and are not;
Like the dust from a leaf they are scattered,
Then vanish, and are not.

Moment by winging moment
My soul's windows open wide
Here where the lilies are fragrant,
Here by the waterside.

Moment by silent moment
God's power and beauty increase
Until my heart holds heaven,
Until my soul knows peace.
Brave now for life and its challenge,
Strong now for the task or the test,
I go forth this day to accomplish,
And trust our God for the rest.

I SEE MYSELF AS GOD SEES ME, PERFECT AND WHOLE IN MIND AND BODY, AND BLESSED WITH PLENTY FOR EVERY NEED.

OUT of His great love for me, God created me whole and perfect in mind and body and planned for me to be prosperous and happy. His thought about me has never changed. If I am not manifesting life, health, happiness, and abundance, it is I who must change to conform to the spiritual idea by which God created me.

From this day forward I resolve to see myself as God sees me, whole, free, successful, and perfect in every detail. I see myself surrounded by His love, filled with His life, guided by His wisdom, and prospered by His bounty. I know that I live in Him and He lives in me, therefore I cannot lack any good thing. His limitless resources are at my command, and I draw upon them for the fulfillment of every need.

God's richest blessings are mine here and now because I see myself as He sees me, created in His image and likeness, healthy, happy, and rich.

◆ *The Father loveth the Son, and hath given all things into his hand.—JOHN 3:35.*

MY MIND IS RECEPTIVE TO DIVINE IDEAS ONLY, AND I EXECUTE THEM WISELY AND PROMPTLY.

LIFE IS a continual process of selection and rejection. We have the privilege of selecting the positive, constructive ideas that come to our mind and of rejecting the negative ideas. Illness, inharmony, and poverty are negative ideas and have no place in our mind and life. Perfect health, peace, and prosperity are the ideas we must choose if we want to live fully and happily, as the Father intended us to.

Our ideas express themselves in thoughts, words, and acts. Whatever we receive into our mind and dwell upon becomes part of our life. Whether our body is strong and vital, whether our mind is happy, alert, and progressive, whether we have enough wealth to satisfy us depends entirely upon the kind of ideas we allow to enter our mind and remain there.

Our mind is a part of the infinite mind of God, and we have access to divine ideas that will transform our life and our world if we will receive them and act upon them wisely and promptly.

• *Refuse the evil, and choose the good.—ISA. 7:15.*

MY BODY IS GOD'S HOLY TEMPLE, AND HE EMBODIES IN IT HIS IDEA OF PERFECTION.

KNOWING that my body is the manifestation of my thoughts and ideas about it, I am determined to think only of health and perfection. I now give up all thought of limitation as regards my body and behold it as God's holy temple. No weakness, pain, suffering, or inharmony of any kind can remain in my body because it is the dwelling place of the Most High, who knows only wholeness, freedom, vitality, and perfection.

My real body is not physical but spiritual. As the temple of God I dedicate my body to the purpose of expressing only His Spirit of life, love, beauty, purity, and holiness. I rejoice to feel His presence quickening me and filling me with new life and light. His cleansing, healing, regenerating work is now done in me, and my innate perfection appears.

God lives forever in me as my mental, physical, and spiritual health, and I radiate His quickening, life-giving presence to everyone in need of healing.

• *Ye are a temple of God . . . the temple of God is holy.*—I COR. 3:16, 17.

THE JOY OF CHRIST SINGS IN MY HEART, AND
I AM FILLED WITH JOY.

WHEN I center my thought upon the joyous presence of Christ within me, the things of the world cannot discourage me or depress me. Christ in me is my constant joy and inspiration, therefore nothing in the world can take my joy away from me. Persons and things of the world cannot influence the spontaneous joy of Christ that is welling up within me every moment of every day.

My joy does not depend upon the state of things in the world but upon my realization of the Christ Spirit of joy within me. Regardless of "wars and rumors of wars," regardless of how many people are worried, fearful, and unhappy, my joy is not affected, for it is born of the Christ Spirit in my soul. My joy is eternal, abiding, transforming.

I send my joy forth to cheer and encourage others. Christ in me is mightier than their unhappiness and fears; as I radiate joy to them they are uplifted, strengthened, comforted, blessed, and made joyful.

• *This my joy therefore is made full.—JOHN 3:29.*

I NO LONGER CONDEMN MYSELF OR OTHERS.
I SEE THE GOOD IN EVERYBODY AND EVERY-
THING.

I DO not look for things to condemn in myself or others. Instead of condemning that which is undesirable and unworthy in myself or others, I seek to find the good and praise it. By striving to see the good in everybody and everything I overcome the habit of condemnation.

All thought of condemnation passes from my consciousness, and it is lifted to the consciousness of God, where there is only righteous judgment. As I rise out of the consciousness and habit of condemnation, I can no longer attract condemnation to myself. I cannot be condemned when I cease to condemn others.

I know that God has filled the world with good to be praised. I see His good everywhere, in everybody I meet, in every situation that concerns me, and I find blessings coming to me on every hand. I rejoice in the strength and wisdom and freedom that enable me to live by the law of praise and to overcome the impulse to condemn.

• *There is therefore now no condemnation to them that are in Christ Jesus.—ROM. 8:1.*

GOD THE GOOD IS NOW MADE MANIFEST IN ME AND IN MY WORLD AS MY OWN GOOD.

CONSCIOUS of the truth that God is good and God is all, I no longer believe in the reality of evil. I know that God and evil cannot abide in the same world, any more than light and darkness can appear at the same time.

My interest and attention are continually centered in God and His goodness. I continually affirm that He is the only presence and power in my world, and He comes forth as the embodiment of all that I decree. When I need life or health, wisdom or guidance, love or peace, success or prosperity, I realize that God is the fulfillment of my need, and He manifests Himself to me as the very blessing I am seeking.

In the consciousness of the allness of God, I find that He is ever near to me as the good I most need. Living daily in His presence, I can never want for any good thing. When I turn to God with my whole thought and being, He blesses me richly and joyously and my good is boundless, satisfying, and enduring.

• *Look unto me . . . for I am God, and there is none else.*—ISA. 45:22.

I RELAX FROM ALL SENSE OF PERSONAL RESPONSIBILITY AND COMMIT MY CARES TO GOD.

IN THESE days when opportunities for service are being increased on every hand, we are apt to become so busy doing all that we are eager to do that we forget to relax, and then we become tense in mind and body. It is necessary for us to take some time each day to become quiet and pray, to relax mentally and physically, and to commit all our cares and responsibilities to God.

Only by going to God daily for strength and renewal, only by recognizing that He is capable of handling all our problems wisely, of taking over every thought of burden and care, of directing our steps in the highest paths, can we do successfully and joyfully all that is required of us. Only as God works through us can we do anything worth while. Let us therefore remember that of ourselves we can do nothing, and then relax in the knowledge that God will do all things perfectly through us when we give Him unlimited freedom and power to act.

¶ *Unto God would I commit my cause.—JOB 5:8.*

Life

JACK MANOLA

For more life and a richer life,
Abundant life, I pray:
Not a life that's gone,
Or a life to come,
But a full life now, today;

A life that knows no limits
Of death, hard times, and pains,
But a life of health,
A life of peace,
A life that grows and gains;

A life that's filled with laughter,
With joy and song and cheer;
No moody states;
Self-pity? No.
A life all bright and clear;

A life that loves to have the good
But also loves to share;
Not just to take,
Not just to give,
But balance everywhere.

I want more life and still more life,
A fuller life and new:
Not just for self
But that I may
Help others find life too.

Class Thoughts

TO BE USED FROM

June 20 to July 19

The class thoughts on this page are composed by Charles Fillmore for the purpose of providing central ideas upon which Truth students everywhere may concentrate during the month. You are invited to use them with Silent Unity not only at the hours specified but whenever you have opportunity. We also urge you to join us constantly in the prayer for world peace.

At 11 a. m. use this thought for

ILLUMINATION . . . I bask in the light of spiritual understanding and am at peace.

At 12 noon use this thought for

PROSPERITY . . . All my thoughts and words proclaim prosperity, and the manifestation is swift and sure.

At 9 p. m. use this thought for

HEALING . . . I am vitalized with words of strength and health, and all is well.

Use this prayer for world peace:

PEACE . . . In the name of the Lord Jesus Christ we pray for and decree a speedy victory in this world conflict, to be followed by a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

I BASK IN THE LIGHT OF SPIRITUAL UNDERSTANDING AND AM AT PEACE.

IN the First Epistle of John we read: "God is light, and in him is no darkness at all." The light that shines forth from Spirit and puts to rout the darkness of misunderstanding is unfailing. We can bask in its heavenly splendor if we open our spiritual eyes to perceive it.

Where is this light of Spirit that we are seeking so intently, so eagerly? Where must we look for it? Paul, in his mystical second letter to the Corinthians, answers the question thus: "It is God, that said, Light shall shine out of darkness, who shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ."

Spirit light is within us, in the dwelling place of God: our heart. God is in our heart in all His divine glory, and His radiant presence illuminates our whole being. His light shines in us, about us, and through us to bless the world. We are no longer subject to the powers of darkness. We are free. We are at peace.

• *Take heed . . . until the day dawn, and the day-star arise in your hearts.*—II PET. 1:19.

ALL MY THOUGHTS AND WORDS PROCLAIM PROSPERITY, AND THE MANIFESTATION IS SWIFT AND SURE.

IF WE were to attempt to put the principle of prosperity in the form of a rule of thumb, it would read something like this: "Think prosperity. Talk prosperity. Act prosperity. Have prosperity."

Since our thoughts and words have creative power, it is evident that we cannot have prosperity if we persistently think and talk about lack or insufficiency. The first step that we must take if we would have abundance to meet our needs is to reverse the trend of our thoughts and words, and direct them toward the ideas of prosperity, abundant supply for every need.

Then when we begin to think and talk prosperity, we need to carry the idea a step further by acting prosperously. If we are diligent in following out this plan, we shall soon find that God's abundant supply becomes manifest for us, and the manifestation is swift and sure. We have prosperity.

• *I will sing of the lovingkindness of Jehovah for ever.*
—PSALMS 89:1.

I AM VITALIZED WITH WORDS OF STRENGTH
AND HEALTH, AND ALL IS WELL.

IN USING our thought for today, which is the healing thought for the month now beginning, we accord our recognition to the tremendous upbuilding, recreating energy that we put into activity when we speak words of strength and health.

When we say, "I am strong," "I am filled with boundless life," "God's health in me is perfect, and I am whole and well," and similar words of Truth, the cells of our body are energized and stirred into activity by currents of healing life that act in response to our spoken words.

Words of strength and health are in effect like a conduit that leads to the mighty reservoir of divine energy that we call God, Spirit. They connect us with the source of all life and health, and we are made strong and whole and well in every department of our being.

Speak strong, positive words of life, health, and strength. Speak them with authority and in perfect faith, and all will be well with you.

• *My word . . . shall not return unto me void, but it shall accomplish that which I please.*—ISA. 55:11.

All Is Well

WANDA CREIGHTON

HERE in the quiet of prayer, here in the inner room of my consciousness I come to Thee, O Lord, as a little child to its loving Father. Only now, as I feel Thy peace stealing over me and infolding me, do I realize how much I have hungered and thirsted for Thee.

Thy comforting presence fills my mind and my heart, and I am at peace. New strength flows into my body and new courage into my heart. I do not pray the sort of prayer I once prayed. I do not ask for anything, for Thou hast already supplied all good for me. I am content. I am complete.

Here in this secret place the problems of the world seem remote. Here I am one with Thine almighty, and all is well. Teach me to know that this is the real world and that the shadow world in which I dwell is now merged with this real world until they are one.

With this new vision I see more clearly. I know that where there seemed to be lack there is now abundance, where there was seeming hate and greed there is only love, where there was confusion there is now order, and where there was war there is now peace. All is well.

I JOYOUSLY TAKE MY PLACE IN THE FATHER'S GREAT PLAN AND SEEK TO DO HIS GOOD WILL.

THE Father created you and brought you into the world for a definite purpose. Some part of His great plan will remain unfulfilled unless you find your place and do your work.

The urge that you feel to go forward to something better and higher is the voice of God speaking to you. If you will let Him, He will guide you into the place He has made ready for you and help you to fill it joyfully and successfully. He will help you escape from the bonds of hardship, humility, and lack, and inspire you with the vision of your right place in His good world, a place where your service will be one of joyful expression, where your mind will be happy and free, and where your heart will be light and filled with a song.

No one else can take the place that you are to fill in the Father's plan, nor do the work that you are to do. Seek your place now, fill it to the glory of God, and you will be recompensed richly.

¶ *Take heed to the ministry which thou hast received in the Lord, that thou fulfil it.—COL. 4:17.*

THE LOVE OF GOD IN MY HEART OVERCOMES
EVERY UNLOVING THOUGHT AND MAKES ME
LOVING.

No unloving thought can remain in my mind when I accept the love of God and live by it. No unloving situation can arise in my life when I keep my attention centered in the love of God. No animosity or hate can abide in my heart when the love of God abides there.

The love of God in me is mighty to remove every obstacle between me and Him. The fulfillment of God's love in me is not a destination to be reached at some future time; it is a part of my journey with Him from day to day. God's love inspires me and guides me continually into the blessings He wants me to enjoy.

The love of God makes me tolerant and forbearing in my personal relations with others. It helps me to be understanding and compassionate. As I exercise divine love and bring it to bear upon every situation, my world is made pleasant and harmonious. Abiding in God's love, I abide in the love that knows no defeat, the love that is joyous and victorious.

• *The fruit of the Spirit is love.—GAL. 5:22.*

I AM SAFE FROM ALL HARM BECAUSE THE PROTECTING PRESENCE OF GOD IS WITHIN AND ABOUT ME.

DANGER and the presence of God cannot abide in the same place. As long as I am aware that God's presence is above, around, beneath, and within me, I can fear no harm or evil. In His presence I am safe and secure.

Each morning I "put on the whole armor of God" and realize throughout the day that I am able to stand against anything that is unlike Him. No fear or danger or adversity can touch me, because I abide continually under the shelter of His wings. His protecting, impenetrable love keeps out all evil and delivers me from all harm.

The fortress of God's presence is more secure than any man-made fortress. On sea, on land, in the air, God is ever with me, my guide, my strength and my refuge. I go wherever duty calls, fearless and unafraid. Abiding constantly under the shadow of the Almighty, I am courageous, safe, and happy.

*I will say of Jehovah, He is my refuge . . .
My God, in whom I trust.*

—PSALMS 91:2.

I AM A TRUE OVERCOMER WITH CHRIST BECAUSE MY CONSCIOUSNESS IS RAISED FROM THE PERSONAL TO THE IMPERSONAL.

WE CANNOT successfully meet problems of any kind as long as we remain in personal consciousness. We must rise out of the thought that we have to make our overcomings by the power of the personal self. As long as we remain in personal consciousness we believe in the appearances of inharmony, pain, lack, and all other forms of human suffering, because our personal consciousness tells us that these things are true. Looking away from appearances helps us to see with the Christ discernment.

Only as we raise our consciousness to the Christ standard of thinking and knowing can we overcome successfully. The Christ in us knows only what is true. Functioning in the Christ consciousness we can keep our prayers impersonal and centered in reality. We make our overcomings and attain our highest good by knowing that only health, love, joy, freedom, peace, and plenty are the realities of life.

¶ *He that overcometh shall inherit all things; and I will be his God, and he shall be my son.*—REV. 21:7.

I AM THE WORD OF GOD MADE MANIFEST.

I AM a spiritual being because the source of my existence is in Spirit. "All things were made through him; and without him was not any thing made that hath been made." "And the Word became flesh, and dwelt among us." I become the living expression of God's perfect word or idea when I let His life, love, wisdom, power, joy, substance, and intelligence flow fully and freely through me.

Since my life comes from God and is centered in God, I know that I have within me a veritable fountain of all spiritual good. I release this good by realizing that it is there, and it springs forth as energy, vitality, health, and wholeness in my body. It blesses my mind with peace and wisdom, and radiates from my heart as love, understanding, and good will. It is manifested as divine guidance in all the details of my life and as abundance and success in my affairs.

Christ, the living Word of God, is now made manifest in me, through me, and by me. I am born again by the power of His holy Spirit in me.

• *Being born again . . . by the word of God, which liveth and abideth for ever.—I PET. 1:23 (A. V.).*

I CONSECRATE MY MIND, MY HEART, AND MY HANDS TO DOING GOD'S WORK IN A PERFECT WAY.

I KNOW that my divine mission is to be a co-worker with God, to allow Him to work through me to accomplish His purposes. Working with God, I can do easily and joyously everything that comes to me to do. I let God's power, life, and energy express themselves through me, and I do each task without personal effort, strain, or fatigue.

I consecrate my mind and my thoughts to God so that His wisdom may guide me and His ideas inspire me. Divine Mind in me is capable of receiving and using new ideas that make my service broader, more efficient, and more joyful. I consecrate my heart to the supreme purpose of expressing God's love, and it radiates through me in helpfulness and blessing toward others. I consecrate my hands and every organ of my body to doing God's work in a perfect way. I am gentle, swift, skillful, accurate, and productive of the good that God desires to accomplish through me. I work with Him co-operatively and joyfully.

• *My Father worketh . . . and I work.*—JOHN 5:17.

I AM PATIENT IN ALL THINGS BECAUSE CHRIST IN ME IS ALWAYS PATIENT.

THE Christ Spirit in me is never impatient with persons, things, or situations. I am free from the habit of impatience because Christ is the ruling power in my life, and He inspires me to be patient.

I am not impatient with people, for I know that whatever they do, they are always seeking to express the Christ Spirit. They may be unillumined or misguided but not intentionally sinful or harmful. My patience helps them to come into the light of Christ and His righteousness. My patience helps me to meet situations and duties of the day with calmness and serenity, and to perform each task in the knowledge that God is working with me and all is well. I cannot be impatient with myself or others when I trust God and know that He is continually bringing good to pass.

I place everything that concerns me in the care of God, and I abide in the consciousness that Christ in me is always patient.

• But in all things approving ourselves as the ministers of God, in much patience.—II COR. 6:4 (A. V.).

I DO NOT BELIEVE IN OLD AGE, DETERIORATION, DISINTEGRATION, OR DEATH. IN SPIRIT
I AM ETERNALLY YOUNG AND ALIVE.

I DO NOT believe that my lifetime is limited to the threescore and ten years that race belief allots to man. Knowing that I live, move, and have my being in Spirit, I know that I am a spiritual creature. The appearances of old age cannot overtake me when I live in the consciousness that I am forever one with the power that revitalizes, renews, and regenerates me.

I am not bound to old ideas and old habits, old ways of thinking, talking, and acting. I cast from my mind all crystallizing thoughts of old age, disintegration, and death, and dwell upon new ideas of life, wholeness, vigor, vitality, and youthfulness.

I accept the Truth that I am a new creature in Christ Jesus, and I express the spirit of continual newness in mind and body. In my new understanding I am filled with new life, strength, joy, beauty, and divinity. In Christ Jesus I am victoriously and eternally alive. Praise God for my youthfulness and immortality!

• *I am alive for evermore.—REV. 1:18.*



The fundamentals of Truth are presented in a dynamic and vital way in H. Emilie Cady's book **GOD A PRESENT HELP**.

GOD A PRESENT HELP explains the will of God and how to establish it in your life; it teaches the way to have more abundant life; how to give and forgive, and it helps you to gain the faith necessary for the demonstration of good.

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917 Tracy, Kansas City, Mo.

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Unity School of Christianity, 917 Tracy, Kansas City, Mo.

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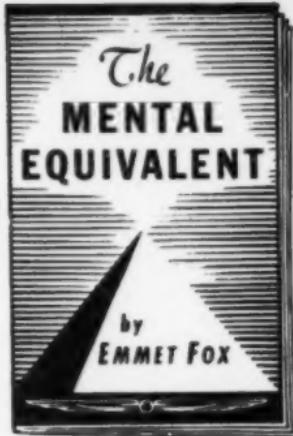
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Do you remember how you first learned of Truth? Perhaps it was through some friend, a book, or a magazine. It may have changed your whole life, and you wish you could help others so they too might have this freeing, vitalizing knowledge of Truth. Perhaps you have wondered what would be the best way to introduce the principles of Truth to your friends or neighbors.

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The price of THE MENTAL EQUIVALENT is 10 cents. At this price everyone may feel that he can give as many copies as he wishes to those he desires to help. Send for your copies now and begin to spread the Truth. You may have 12 copies for \$1. A convenient mailing envelope is included with each booklet.

UNITY SCHOOL OF CHRISTIANITY
917 Tracy, Kansas City, Mo.

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